The following is a list of items that may be needed to perform a recipe demonstration with the Good Grinding for Wise Dining lesson. Different types of kitchen supplies (measuring cups, spoons, mixing bowls, etc) may be needed depending on the recipe. Each recipe (not the handout) includes a list of equipment needed to prepare that recipe.

- Electric wok/skillet
- Rice cooker
- Can opener
- Colander
- Container to store knives
- Cooler (with coolant)
- Cutting board
- Extension cord
- Fork or whisk
- Grater
- Knife
- Measuring cups (dry and liquid)
- Measuring spoons
- Mixing bowls
- Mixing spoons
- Rice paddle
- Tongs
- Vegetable peeler
- Spatula
- Wax paper

Optional:
- Container (large to store equipment)
- Cart (luggage rack to transport container of equipment)
- Drain plug